

What is claimed:

1. Apparatus comprising:

a rest member having a support surface; and

a stand for said rest member;

5 said rest member having apertures therein to permit the adjustment in height thereof with respect to said stand; and

said stand having means thereon for inhibiting any tendency for the stand to become separated from said rest member during usage thereof.

10 2. Apparatus as defined in claim 1 wherein the inhibiting means is compressible to permit said stand to be inserted thru said rest member and expandable thereafter to inhibit separation of said rest member from said stand.

15 3. Apparatus as defined in claim 1 wherein said inhibiting means comprises at least one object .

4. Apparatus as defined in claim 3 wherein said stand has a tubular portion and said object is attached to said tubular portion.

20 5. Apparatus as defined in claim 3 wherein said object projects from said stand.

6. Apparatus as defined in claim 1 wherein the inhibiting member is movable inwardly and outwardly.

25 7. Apparatus as defined in claim 1 wherein the inhibiting means comprises an elastomeric object.

8. Apparatus as defined in claim 1 wherein the inhibiting means comprises a plurality of elastomeric objects.

9. Apparatus as defined in claim 7 wherein said elastomeric object comprises a rubber ring.

10. Apparatus as defined in claim 1 wherein said stand has an apex and the inhibiting means is positioned at said apex.

5 11. The method of supporting an object comprising the steps of:

- (a) providing a rest member having a support surface;
- (b) forming a plurality of differently dimensioned constructs in said support surface; and
- (c) positioning said rest member on a stand therefor to permit the adjustment in height of said rest member with respect to said constructs

10 12. The method as defined in claim 11 further including the step of positioning means for inhibiting the accidental separation of said stand from said rest member after said stand has engaged said constructs.

15 13. The method as defined in claim 12 wherein said constructs are apertures further including the step of inserting the inhibiting means into said apertures.

20 14. The method as defined in claim 13 wherein said stand has at least one apex further including the step of positioning said inhibiting means at said apex.

25 15. The method as defined in claim 12 wherein the inhibiting means comprises an elastomeric object further including the step of engaging at least one of said constructs by said elastomeric object.

30 16. The method as defined in claim 15 wherein said elastomeric object is a rubber ring further including the step of engaging at least one of said constructs by said rubber ring.

17. The method as defined in claim 16 wherein at least one of said constructs is an aperture smaller than the maximum dimension of said rubber ring when positioned on said stand and further including compressing said rubber ring to allow insertion into said aperture.

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18. The method as defined in claim 17 further including the step of pushing said rubber ring thru said aperture.

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19. The method as defined in claim 18 further including the step of variably positioning said rubber ring on said stand.

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20. The method as defined in claim 11 further including the step of providing said rest member with a plurality of elongated apertures of different lengths into with said stand is inserted into two of said apertures and inhibited from separation therefrom by the inhibiting means .